

Employee Support Program

LIVE WELL TOBACCO FREE

FEATURES INCLUDE:

- Personal coaching to develop a plan and stick to it
- Coaches who are available Monday through Friday from 8:00 am to 8:00 pm
- Workbooks developed by the Mayo Clinic to help you understand and break tobacco addiction
- Tobacco Quitline approach based on 13 years of clinical experience

Tired of tobacco? Break free from its grip! Whether it is your first attempt at kicking the habit or your ninth, we can help you quit for good. Using the Mayo Clinic Tobacco Quitline approach, we will work with you to design your personal strategy for success. Together, we'll create your plan to cope with withdrawal symptoms and fight the triggers that keep you tied to tobacco. Live Well Tobacco Free will foster your long-term success by building your foundation of support during the quitting process and into the future. You can do it! Take the first step today!

TOLL-FREE: **877-847-4531**

WEBSITE: <http://www.powerflexweb.com/5002/login.html>

PASSWORD: **nngov**

Optima 
Health

Employee Assistance Program